

The Athlete's Equipment

1. Competition

1.1 Shoes

Running Shoes (Spikes)

- Neat fitting and light.
- Cleaned, dried and aired
- Laces checked and replaced as necessary.
- Shoes checked for wear.
- Shoes contain a complete set of spikes - secure, correct length and sharp
- Spare laces; varying size spikes and elements; and a spike "key"

Training Shoes (flats)

- Comfortable and light.
- Cleaned, dried and aired.
- Laces checked and replaced as necessary
- Shoes checked for wear
- Spare laces

1.2 Clothing

Vest and Shorts

- Neat fitting but not restrictive - Clean and dry
- Relevant to competition (e.g. club/team issue)

Socks

- Natural fibres (e.g. cotton) - Clean and dry

Underwear

- Neat fitting but not restrictive - Clean and dry

Track Suits and Waterproofs

- Neat, comfortable and functional - Clean and dry

1.3 Additional Items

- Kit bag
- Towel, soap
- Talcum powder
- Vaseline
- Measuring tape (block spacing) (Sprinters)
- Note of block spacing (Sprinters)
- Note of relay checkmarks (Sprinters)
- Starting blocks (Sprinters)
- Competition entry form and/or running numbers
- 12 safety pins.
- Training Diary
- Pre competition warm up routine notes
- Personal stereo and tapes/CD's
- Large umbrella (golfing size)
- Drinking water and food as required
- Thought should also be given to taking a spare pair of competition spikes and clothing.

The Athlete's Equipment

2. Training

2.1 Shoes

Running Shoes (Spikes)

- Relevant to the demands of the training unit. (e.g. grass running, bounding, hill running etc.)
- Shoes contain a complete set of spikes - secure, correct length and sharp
- Spare laces; varying size spikes and elements; and a spike "key"

Training Shoes (Flats)

- As for competition "flats". However, they should also be relevant to the demands of the training unit if that is an indoor/gym/weights room etc unit

2.2 Clothing

Vest and Shorts

- Neat fitting but not restrictive - Clean and dry

Socks

- Natural fibres (e g cotton) - Clean and dry

Underwear

- Neat fitting but not restrictive - Clean and dry

Track Suits and Waterproofs

- Neat, comfortable and functional - Clean and dry

2.3 Additional Items

- weights jacket
- elastic rope
- harness
- measuring tape
- talcum powder
- training diary and pen
- stop watch
- marking tape or cones
- bottle of drinking water
- Thought should also be given to taking a spare set of clothing.

The Athlete's Equipment

3. Warm Up

3.1 Shoes

Running and Training shoes

- Relevant to competition or training requirements.

3.2 Clothing

Vest and Shorts

- Neat fitting but not restrictive - Clean and dry
- Relevant to competition (e.g. club/team issue)

Socks

- Natural fibres (e.g. cotton) - Clean and dry

Underwear

- Comfortable and functional - Clean and dry

Track Suits and Waterproofs

- Neat, comfortable and functional - Clean and dry

Over-wear (e.g. tights, sweat top, tracksters)

- Preferably made from natural fibres (e.g. cotton, wool)
- Clean and dry

3.3 Additional Items

- Cones to mark distances
- Towel
- Training Diary.
- Warm up routine card/notes

4. Notes

- Remove all kit from the kit bag after training and ensuring that only clean, dry kit in good repair goes back into the bag.
- When buying over clothing e.g. tracksuits etc be aware of the size of the lettering on the clothing advertising the brand of clothing. When the television media are present at meetings there are issues with regards advertising on athletes clothing.